MONT BELVIEU FAMILY WELLNESS

Keto Diet: Practical Guidelines

Our clinic’s original overview of very-low-carbohydrate eating. Keto is not necessary for everyone and does not guarantee weight loss, better energy or improved health.

1. Understand the eating pattern

Reducing carbohydrate intake enough can increase production of ketones, which the body can use for energy alongside other fuels. Ketosis is not the same as diabetic ketoacidosis, a dangerous medical condition.

2. Use a personalized carbohydrate target

Many keto plans use about 20–50 grams of carbohydrate per day, but some count total carbs and others count net carbs. These are not interchangeable. Individual needs vary; this range is an example, not your prescribed target.

3. Keep protein and food quality in view

Include sufficient protein and plenty of lower-carbohydrate vegetables. Favor olive oil, avocados, nuts and seeds over relying heavily on butter, cream and processed meats. Fixed fat/protein percentages are not appropriate for everyone.

4. Read labels and measure portions

Check serving size, total carbohydrate, fiber and added sugars. Count sauces, drinks and snacks. “Keto-friendly” marketing is not a guarantee of a low carbohydrate content or a blood-sugar response.

5. Plan for fiber and hydration

Choose a variety of vegetables, nuts and seeds that fit your plan. Drink fluids regularly. Ask before adding salt or potassium/magnesium supplements; these may be unsafe with some medicines or kidney and heart conditions.

6. Know when extra caution is needed

Seek individualized advice before starting if you are pregnant or breastfeeding, planning a diet for a child, have kidney, liver or pancreatic disease, or have a history of an eating disorder. Insulin and some other diabetes medicines may need clinician-managed changes. SGLT2 medicines can increase ketoacidosis risk, even without very high blood sugar.

7. Do not dismiss concerning symptoms

Repeated vomiting, abdominal pain, deep or rapid breathing, confusion or severe weakness require urgent medical evaluation, particularly with diabetes or SGLT2 use. Do not assume these symptoms are simply “keto flu.”

8. Review how the plan is working

Discuss symptoms, digestion, nutritional adequacy and appropriate health monitoring with your healthcare team. Stop and reassess if the approach is not meeting your needs. This handout is general education, not an individualized treatment plan.